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# Learning for Living *with Extension*

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People are learning new skills and gaining new knowledge for better living with the help of Extension home economists. Here are brief stories about just a few of the millions of Americans who are benefiting from programs available through the Cooperative Extension Service.

Who are the learners? They're people—young, old, single, married—from all walks of life and incomes. They receive problem-solving information from Extension home economists through mass media, publications, meetings, leader-conducted classes, newsletters, learning centers, and other methods.

Extension home economics programs are focusing on human nutrition needs, consumer concerns, children and families, housing, health, and community development.

The Extension Service is cooperatively funded by the U.S. Department of Agriculture, State land-grant universities, and local governments. About 4,000 professional home economists, more than 600,000 volunteers, and nearly 5,000 paid aides do the teaching.

See the back cover of this booklet for the address of your State Extension Service.

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## **FAMILY ENJOYS PRESERVING FOOD**

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The family that preserves food together—has lots of good eating ahead. Margaret S. Hicks, a grandmother, and Polly Lou Sepulvado, her daughter, are Extension homemaker club members. They have kept up-to-date with recommended food preservation practices through this group.

Granddaughter Margaret Sepulvado is an active 4-H club member. Local and State fairs would not be complete without the jars of preserved food sent by this family. It has been said of all three, "If it can be canned, they have put it up and won blue ribbons."



## YOUNG FAMILY FINDS HOME FURNISHINGS INFORMATION

College couples often have courage and imagination, but little experience in dealing with home furnishing problems and limited money. "I knew where to turn for information on how to fix up our rented apartment," says former 4-H'er Patsy Billings. "I went to the Extension Service." Patsy and Brad found out how to buy paint and apply it . . . how to use decorative adhesive paper . . . how to make curtains and draperies . . . fix up storage shelves . . . and refinish and reupholster furniture. "We learned by doing," says Patsy, "and we estimate that we saved \$1,000."



*Above: Lucy Rush, Extension home economist (center) shows Brad and Patsy Billings how to refinish a table for their new apartment.*

*Left: Three generations admire their prize-winning canned goods.*



*Above: As a "Meals on Wheels" volunteer, Connie Huber delivers a hot meal to a shut-in. She took on this volunteer work after completing her Extension personal growth class.*

*Above, right: Discussing financial plans with volunteer money management counselor John Burns (standing).*




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## PERSONAL GROWTH AT ANY AGE

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In her late sixties, Connie Huber hesitated when she first heard about Extension's personal growth seminars. After discovering that no one is too old to grow, she joined the group—but with some apprehension.

Like many women, Connie felt frustrated—unable to grow as an individual without feeling she was neglecting her family.

Those who now know Connie see her greater self-confidence and more positive attitude. She serves as a volunteer, delivering meals for the local "Meals on Wheels" program. Her support partner from the seminar let her use a typewriter and is helping her learn to type—an ambition she's had for many years.

For Connie Huber, retirement is an opportunity for growth.

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## VOLUNTEER COUNSELS FAMILY ON MONEY MANAGEMENT

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Behind in their mortgage payments, facing loss of their house, with the gas turned off, and the electricity about to be, Mr. and Mrs. William J. felt there was nowhere to go for help.

Now, after a year of financial counseling with an Extension volunteer, the J's situation has changed.

"Before, if I saw something I wanted and I had the money or a charge card in my pocket, I just bought it," says Mrs. J. "Now, I'm more conscious of the value of money."

John Burns, an electrical engineer who trained with Extension as a volunteer to counsel families in money management, says he feels that the satisfaction of seeing families like the J's get on their feet is well worth the time and effort he puts into the program.



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## BETTER NUTRITION THROUGH EDUCATION

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Through the Expanded Food and Nutrition Education Program (EFNEP), low-income homemaker Marilyn C. says she's learned many useful ideas about nutrition from aide Shirley Mills. "I know what to eat for good health now, how to plan meals, and ways to make my money go further," she says. Mrs. C. enjoys her volunteer work with 4-H and other youth groups. Recently, she started a full-time food service job. EFNEP was just the beginning for Mrs. C. and her family. Now they're on their own.

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## HOME REPAIRS CLASSES PROVE USEFUL

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"I figure I've saved at least \$500 on repair work," says Sondra Reese after attending a series of Extension meetings on home repairs and maintenance.

"My husband and I spent three weekends reputting windows," she says. "We also caulked many windows and applied weather stripping to both doors and windows."

Home care and maintenance training from Extension has meant a more comfortable home for the Reeses.



*Nutrition aide Shirley Mills (left) discusses a nutritious, money-stretching summertime drink with Mrs. C, one of the homemakers enrolled in Extension's Expanded Food and Nutrition Education Program (EFNEP).*



*Installing a light switch is easy when you know how. Sondra Reese attended an Extension series of meetings on home care and maintenance.*

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## EXTENSION EXPERIENCE LEADS TO SELF-CONFIDENCE

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Organizer and member of an Extension homemakers group for more than 25 years, Marie Waltz says, "It was a big event in my life when I was asked to attend the National Extension Homemakers Council meeting in Boston." She adds, "Through this experience, I gained confidence in myself and went on to work with other organizations."

Some of her earliest recollections are of attending food classes for 4-H'ers. She remembers canning classes during World War II

and training in quantity meals that helped her with church work. "My family has used information in all areas offered by Extension," she says. "I feel it's helped us achieve better living."

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## CORRESPONDENCE COURSE HELPS YOUNG MOTHER

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Sondra Hahn, the mother of Karrie, age 6, and Sara, 2, hasn't much time for classes. Extension reached her through a correspondence course called "Your Child's Self Image."

*Right: With the assurance  
that comes from experience,  
Marie Waltz (in plaid dress)  
now presides at meetings.*

*Far right: Learning together  
about nature . . .*





She heard about the course at a newcomer's meeting. "With the girls in growing stages that were hard for me to understand," she said, "the home study course was really helpful. While studying the course, I observed my children, becoming more aware of them and their attitudes."

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## EARNING EXTRA INCOME

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Rising prices make life especially difficult for those on fixed incomes. How do you stretch a pension check to cover regular expenses and the extras that are always needed?

Ollie Mae Sharp, a 70-year-old widow, found a way. She attended an Extension lesson on ways to use scraps from a bedspread manufacturing company. At first, she made bedspreads for her children; then other people started ordering them. Soon, she was in business.

Independent-minded, she likes the idea of "making it on my own." Extra income from the bedspreads has gone toward a new air conditioner and to pay the insurance on her house.

"I have something to do now to fill my time," she says, "and something beautiful to show for my efforts."

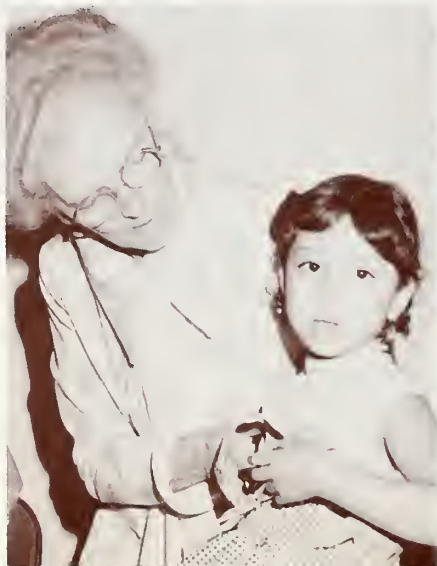


*Ollie Mae Sharp completes one of her homemade bedspreads.*



*Above: Volunteer teacher, Imogene Suttle, left, shows several new club members how to operate a sewing machine.*

*Right: Mothers love to see their youngsters in clothing they have made.*




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## FRIENDSHIPS DEVELOP IN CLOTHING CLASSES

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Imogene Suttle believes that sharing your knowledge and talents with others brings happiness. For 7 years, working as a volunteer with a group of women with limited income, she organized them into an Extension homemaker club. She estimates that she has reached more than 100 women through the club since 1968.

Teaching clothing construction is her specialty, but a lot more than sewing skill is communicated in her class. "It's important," she says, "to love people and listen to their problems. You must relate to people . . . develop rapport . . . be their friend."

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## BUILDING A NEW HOME

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"I still can't believe it," Ida McCullers said about the ranch-style house she and her husband built for \$17,350.

The McCullers never thought they could raise enough money to build the house of their dreams, but they did. They began by attending housing classes sponsored by the county Extension office.

Recently, the McCullers and their three teenagers moved into a solidly built brick home with living room, kitchen and den area, laundry room, bath and a half, three bedrooms, and a carport.

"The classes helped us know what was going on and how to check behind the builder to see if things were being done right," says Ida McCullers.

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## CRAFT SHOP OFFERS MARKET

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"I've loved dolls all my life," says Cuban-born Anamaria Luna. She and her husband and two

sons came to this country 12 years ago. Through home sewing, she helped support her family. "I had materials left over and it seemed a pity to waste them, so I took a correspondence course and learned how to make dolls," she says.

She has found a market for her dolls at the "Handi-Box." This craft shop was established through the efforts of many county people, including the local Extension home economist. The "Handi-Box" gives talented people an opportunity to increase their income, express themselves, combat loneliness, and share with others.

*At an open house, Ida McCullers (left) proudly shows her new home to other women and reminds them that they can get housing help from their county Extension office.*

*Anamaria Luna (left) shows one of her prize-winning dolls to Extension home economist Doris Stivers.*







*Above left: Square dancing is a regular physical activity that helps keep the Coburns healthy.*



*Above right: An "Expectant Parents Workshop" helped Jeanne and Malcolm Boyd prepare for the arrival of their young daughter, Dee Mecheal.*

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## FOCUS ON HEALTH NEEDS

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Square dance your way to health. That's what Nan and Douglas Coburn are doing. They're enjoying regular physical activity, along with other local residents, as part of a county-wide effort to educate people about the high risk factors suspected in heart disease.

An Extension health advisory committee made up of physicians, pharmacists, and lay leaders started the program. Physical fitness classes, square dance clubs, and blood pressure screening tests resulted.

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## WORKSHOP TOLD NEW PARENTS WHAT TO EXPECT

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"I knew what would be happening before it happened." That's how Jeanne Boyd felt after attending an "Expectant Parents Workshop" sponsored by Extension and a regional medical center.

"When the hour of arrival approached, we entered the hospital confident that they could handle any emergency," said her husband, Malcolm. Jeanne adds, "Now that our little girl is here, we're making good use of the written material we received at the classes."

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## CONSUMER CENTER PROVIDES MONEY MANAGEMENT ADVICE TO FAMILIES

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Paying more than \$300 in finance charges for an automobile engine costing \$575 was the last straw for the Levy D's. They borrowed the money from a loan company, the only financing they could get. "I said that if I ever paid the loan company back, I was finished with them," says Mr. D.

Now the D's have their bills well in hand and say, "We're going to keep it that way." The D's have been working with an Extension home economist who operates a Consumer Money Management Consultation Center.

Along with basic lessons in money management, the D's got help in keeping a record of their spending. "If we had to," says Mr. D., "I think that we could get credit from the bank these days; I never could go to a bank for a loan before."



*Levy and Gemes Etta D. find that careful shopping takes time and teamwork, but it helps make food money go further.*

The following State Extension Services provided assistance with this publication: Ohio, Louisiana, Maryland, Texas, Indiana, Connecticut, Michigan, North Carolina, Arkansas, New Mexico, Mississippi and Oklahoma.



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